

Organization Name  
Intake Document

0000 W Anonymous Rd  
Anytown, USA 00000  
000.000.0000 W  
000.000.0000 F

Name Eliza D Date            DOB            Age 18  
School/Work City University  
Current Living Arrangements: (City/With Whom) Dorm with friends  
Reason for seeking counseling at this time I have to be here

**PRESENTING PROBLEMS:**

(Check Symptoms that apply)

☐ Alcohol or Drug Abuse  
☐ Anger  
☒ Anxiety/Stress  
☐ Compulsive behaviors  
☐ Confusion  
☐ Depression/Sadness  
☐ Fears/Worries  
☐ Hallucinations  
☐ Hopelessness  
☐ Impulses to hurt self or other

☐ Irritability  
☒ Low Self Esteem  
☐ Medical Physical Complaints  
☐ Memory Difficulties  
☐ Repeated bothersome thoughts  
☐ Sleep Difficulties  
☐ Suicidal Thoughts  
☐ Trouble thinking/Concentrating  
☐ Weight gain or loss  
☐ Other                                 

**Family Information:**

| Family Members    | Names | Occupation<br>(Parents/Spouse) | Status of Relationship? |
|-------------------|-------|--------------------------------|-------------------------|
| Mom               | Joan  | Elementary Secretary           | Okay                    |
| Dad               | Burt  | Truck Driver                   | Good                    |
| Stepmom           |       |                                |                         |
| Stepdad           |       |                                |                         |
| Spouse            |       |                                |                         |
| Significant Other |       |                                |                         |
| Sibling(s)        |       | Age                            |                         |
|                   |       | Age                            |                         |
|                   |       | Age                            |                         |
|                   |       | Age                            |                         |

**Life Stressors:**

☐ recent losses/deaths  
☐ loss of job(s)  
☐ separation/divorce  
☐ legal problems

☐ difficult relationships  
☐ financial  
☐ moves/change of school  
☐ abuse/trauma

Current Medications for Mental Health: none  
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